

100 Elements of a Person

Who are we? What are we made of? What makes us tick? What makes us unique? What makes a human a human? In the list, you will find at least 100 answers to these questions. This list is helpful to both coach and client in that it provides 101 focus areas for coaching, as well as acting as an interesting emotional and lifestyle blueprint of a human being.

Clients often use this list as a way to select and prioritise what they want to work on with a coach.

<i>Area</i>	<i>Elements</i>
1. Possessions <i>Tangible and intangible.</i>	<ul style="list-style-type: none">✓ Home/Property✓ Car/Vehicles✓ Computer/Tools✓ Clothing✓ Accessories/Jewellery✓ Money/Investments✓ Knowledge/Wisdom✓ Books/Music/Art✓ Memories✓ Reputation
2. Reserves <i>How much 'extra' you have.</i>	<ul style="list-style-type: none">✓ Time✓ Money✓ Love✓ Opportunities✓ Marketability✓ Space✓ Ideas✓ Network/Relationships✓ Bandwidth/Capacity✓ Energy

Area	Elements
<p>3. Relationships</p> <p><i>Who you know, who knows you, who you spend time with.</i></p>	<ul style="list-style-type: none"> ✓ Children ✓ Spouse ✓ Parents/Family ✓ Friends ✓ Acquaintances/Neighbours ✓ Co-workers/Colleagues ✓ Vendors/Service Providers ✓ Mentors/Teachers ✓ Clients/Customers ✓ Yourself
<p>4. Character</p> <p><i>What you're made of</i></p>	<ul style="list-style-type: none"> ✓ Honesty ✓ Honour ✓ Responsibility ✓ Respectfulness ✓ Accountability ✓ Generosity ✓ Maturity ✓ Initiative ✓ Caring ✓ Strength

<i>Area</i>	<i>Elements</i>
5. Experiences <i>How you have been affected.</i>	<ul style="list-style-type: none"> ✓ Childhood experiences ✓ Love experiences ✓ Romance experiences ✓ Work experiences ✓ Vacation experiences ✓ Cultural experiences ✓ Success/Failure experiences ✓ Images (TV/Movies) ✓ Schooling experiences ✓ Threatening/survival experiences
6. Life <i>What's going on around you.</i>	<ul style="list-style-type: none"> ✓ Tolerations ✓ Requirements ✓ Commitments ✓ Goals ✓ Problems/Struggles ✓ Work environment ✓ Home Environment ✓ Stress ✓ Desires/Needs ✓ Pace ✓ Stimulation

<i>Area</i>	<i>Elements</i>
<p>7. Personal Foundation</p> <p><i>What you have developed to support you in life.</i></p>	<ul style="list-style-type: none"> ✓ Values ✓ Assumptions ✓ Boundaries ✓ Wants ✓ Self-esteem ✓ Spirit ✓ Safety ✓ Roles ✓ Balance ✓ Self-Care
<p>8. Life Skills</p> <p><i>What you are able to do well.</i></p>	<ul style="list-style-type: none"> ✓ Creativity ✓ Communication ✓ Thinking/Analysis ✓ Multitasking ✓ Understanding ✓ Prioritizing ✓ Self-Management ✓ Evolving ✓ Relating ✓ Loving

<i>Area</i>	<i>Elements</i>
9. Thoughts <i>What's upstairs.</i>	✓ Inklings ✓ Intuition ✓ Facts ✓ Opinions ✓ Knowledge ✓ Evidence ✓ Beliefs ✓ Expectations ✓ Reactions ✓ Ideas
10. Feelings <i>What you are feeling.</i>	✓ Fear/Dread ✓ Acceptance/Understanding ✓ Expectation/Obligation ✓ Excitement/Thrill ✓ Happiness/Contentment ✓ Sadness/Depression ✓ Anger/Rage ✓ Freedom/Relief ✓ Joy/Bliss ✓ Powerful/Able

Notes: